

CHS – Cardiovascular Health Study

at a glance



CHS is a prospective population-based cohort study of risk factors for coronary heart disease and stroke in older adults sponsored by the National Heart, Lung and Blood Institute. In June 1990, four Field Centers completed the recruitment of 5201 participants. Between November 1992 and June 1993, an additional 687 African Americans were recruited using similar methods. The study data coordinating center is located at the University of Washington in Seattle, WA.

Geographic areas and their respective field centers nationally include:

- Pittsburgh, PA – University of Pittsburgh
- Forsyth Co, NC – Wake Forest University
- Sacramento, CA - University of California at Davis
- Washington County, MD – The Johns Hopkins University

Between 1989 and 1999, baseline and follow-up annual clinic visits were conducted. Data was collected through various procedures including blood and urine sampling, seated blood pressure, anthropometry ankle-brachial index, electrocardiograms, carotid ultrasound, echocardiograms, 24-hour Holter monitors, grip strength, 6-minute walk, the Modified Minimal State Exam (3MSE), retinal photography, tests of endothelial function, and various questionnaires including depression scale, activities of daily living, and medication survey.

The CHS All-Stars clinic visit was held 2005 – 2006 to further the research of functional aging. These visits, many of which were held in participants' homes, included the isometric chair, pulmonary function, and several other procedures and interviews performed in previous CHS visits.

Research Center staff began morbidity and mortality follow up in 1989 with annual or semi-annual telephone interviews and medical record abstractions for hospitalizations of non-baseline events. Adjudicated events are coronary heart disease, angina, heart failure (HF), stroke, transient ischemic attack (TIA), claudication, and mortality.

To date, more than 400 research papers from CHS have been published. More than 120 ancillary studies are ongoing or complete.

The current Principal Investigator is Linda Fried, MD, MPH, lfried@jhmi.edu

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For more information, visit the CHS public website at <http://www.chs-nhlbi.org/>